



Pediatric Partners, L.L.C.

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Return In One Year

THE FOUR YEAR CHECK-UP

This is the age of curiosity when preschoolers are always questioning and investigating new things. As parents we need to help fertilize these growing children as best we can.

DEVELOPMENTAL MILESTONES

Your child is becoming more and more independent. He can dress and undress with limited supervision, understands gender identification, can cut and paste, copies a cross and circle, and likes make-believe play. His mental capabilities do not include abstract or logical thought but he can distinguish fantasy from reality.

A 4-year-old can sing a song, knows about things used at home (computer, appliances), draws a person with three parts, and gives first and last name. He can also talk about daily activities and experiences (this is your chance to take the time and listen), build a tower of blocks and hop and jump on one foot. Your child can also ride a tricycle or bicycle with training wheels (do not forget the helmet) and is able to throw overhand.

NUTRITION

If your child does not eat healthy food, do not give him junk food! If he misses a meal or two, it is okay. Eventually, he will eat the meal that is available. Do not give in. As parents, developing a balanced diet that your child will eat can be difficult. Do not reward him for not eating the meal by giving him cookies later on. Save his plate, and when he is hungry, offer it again. It is amazing how food looks better when a child is really hungry.

Serve your child three regular meals with two nutritious snacks per day. Limit, or do not allow at all, high-fat or low nutrient foods and beverages such as candy, chips, and soft drinks. Little bodies do not grow well on junk food. Keep portions small. Serve a bit less than you think your child can eat and let him come back for more. You waste less food, and more importantly, your child feels successful.

Check-up Snapshot

WT _____ % _____

HT _____ % _____

B.P. _____

Immunizations

DTaP _____ HepB _____

HIB _____ MMR _____

Polio _____ Varivax _____

Date _____ M.D. _____

Suggested first serving size for a preschooler's meal:

½ - ¾ cup milk (4 - 6 ounces)

½ - 1 slice whole grain or enriched bread

1 Tbs of each item per year of age: fruit, vegetable, and protein food (meats or lentils)

GENERAL CARE

Your child has become independent with his body care. While your child has most likely mastered toilet training, he may still need help with wiping after a bowel movement. A parent should always supervise daily bathing. Drowning can still occur at this age. Ensure that your child brushes his teeth twice a day with a pea size amount of fluoridated toothpaste. Plan to visit a dentist this year if it has not already been done, and follow up visits occur every 6 months.

Four year olds are curious about their own bodies and those of the opposite sex. Sexual exploration of their own body is normal and common at this age. Use correct terms for all body parts, including genitalia. Explain to your child that no one should touch his private parts.

PREVENTION/SAFETY

Teach your child about strangers and how to react when approached. Know where your child is at all times. He is too young to be roaming the neighborhood alone. Never leave your child alone in a car, in the house, or in a bath. Never smoke inside a car or house with children; it is detrimental to their health and teaches them a poor health habit. Your child should always wear a helmet while riding a bike, even with training wheels.